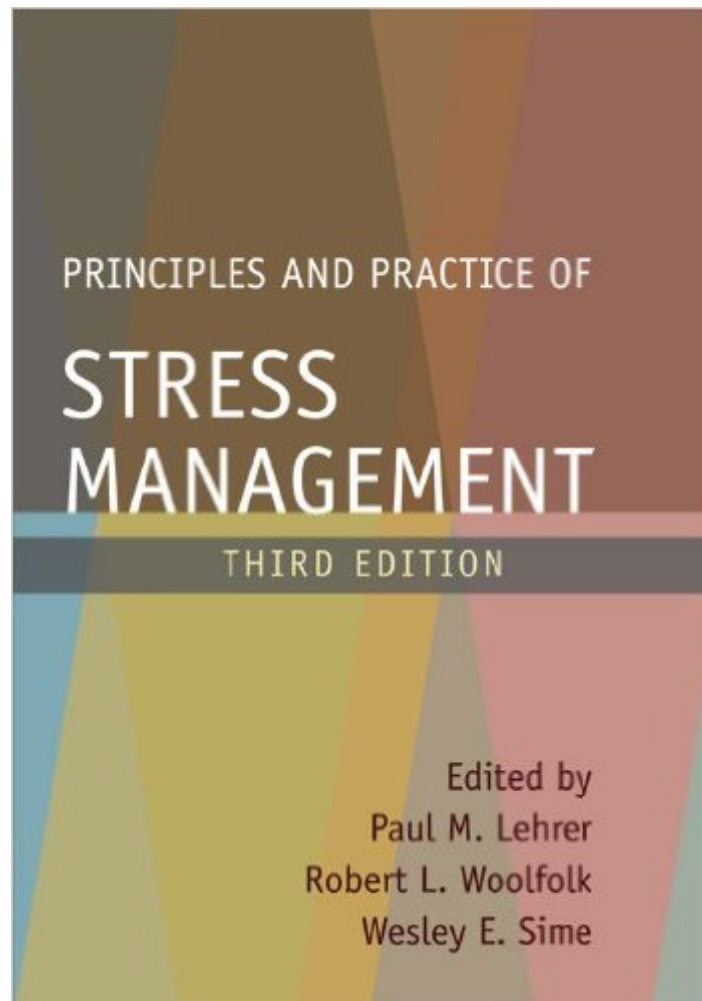


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Principles And Practice Of Stress Management, Third Edition



Synopsis

Structured for optimal use as a clinical reference and text, this comprehensive work reviews effective stress management techniques and their applications for treating psychological problems and enhancing physical health and performance. Leading experts present in-depth descriptions of progressive relaxation, hypnosis, biofeedback, meditation, cognitive methods, and other therapies. Tightly edited chapters examine each method's theoretical and empirical underpinnings and provide step-by-step guidelines for assessment and implementation, illustrated with detailed case examples. The volume also explains basic mechanisms of stress and relaxation and offers research-based guidance for improving treatment outcomes.

Book Information

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This is THE book on stress management I always waited for! I rely on this book in both university teaching and in stress management trainings for employees. The book is timely, very comprehensive and extremely useful for researchers as well as practitioners. It puts sufficient emphasis on theoretical underpinnings and gives concrete examples for exercises and client or training participant instructions. Great!
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